

What's your "Why?"

I've been a trainer for a few years now; I've been doing this long enough to start seeing certain patterns in behavior from our clients. In truth, I was inspired to share these important insights with you by an old client who recently wrote me. It's a very humbling feeling to have an old client think of you when they are looking for a fitness program once again. Those humbling feelings aside, during the course of my communications with this former client I began to pick up on a certain amount of trepidation. The source of this trepidation soon became clear; it was a fear of commitment.

Having a fear of commitment is a common thing in our society. In fact, sometimes having a fear of commitment can be a good thing because it forces you to think about what you really want to do. I am a firm believer that knowledge dispels fear. Knowing more about the thing you're afraid of will almost always lessen your fear of that thing, whatever it may be. In this case, gaining knowledge about this fear requires asking ourselves some potentially uncomfortable questions. I believe that these questions *must be* asked by every person seeking fitness and health benefits from an exercise program.

Why is this important to you?

I'm going to ask you the same things I asked this former client, why do you want to make this commitment? Are your fitness goals important enough to you that you're willing to make the commitment to come to class, eat well and work hard at least three days a week for twelve to eighteen months? If the answer to the last question was "NO" then this is likely the reason why you aren't getting all of the fitness results you want. I would ask you to please ask yourself these aforementioned questions.

If you would like better fitness results the best things you can do is to eat healthy meals and find a way to get to class more frequently. My time being a trainer has definitively shown me that our most successful clients have some of the best attendance records; I truly believe that this is not a coincidence. Our most successful clients also have the best attitudes as well (but that's for another article.)

What are you really capable of?

One of my favorite sayings is, "When there is a will there is a way." I've seen our clients do absolutely incredible things because they had the will to show up to class. I've seen clients battling cancer come to class, clients show up to class who lost a loved one the day before and most memorably, a client on crutches who couldn't even walk show up for class. I'm not giving you these examples to make you feel bad, I am simply telling you what is possible when you set your mind to something and your fitness goals are serious enough. When people want to do something bad enough they will *find a way* to do it no matter what the obstacles are.

We are not your judges.

Maybe (like most of us) you don't have that kind of will power right now? There's nothing wrong with that; we aren't here to judge you, we are here to serve you. I believe the best way we can serve you is to meet you where you are at right now. You may be feeling disappointed about where you are right now with your fitness goals. Well, I have good news for you; where you are now is not where you're going to end up in the future. Your best days are ahead of you!

Take me for example, ten years ago I was smoking over two packs of cigarettes a day, I weighed over 250 pounds and I was in the worst shape of my life. I was a smoker for ten years. I used to eat these massive, grease-filled calzones from my favorite Italian restaurant a couple times a week. If you would have seen me back then I wouldn't blame you for thinking the worst about me. It would have been easy to pass judgment on me back then, but where I was ten years ago is not where I was destined to end up; my best days were ahead of me. Today, I'm in the best shape of my life. I'm over forty pounds less than I was back then and I've never been stronger or felt better. Looking at me back then, I guarantee nobody would have imagined I'd be where I'm at today with my health and fitness. It didn't happen overnight and it took years of hard work to get where I'm at today. My fitness journey started with a choice to change my life and to not be the unhealthy person I used to be. The reason *why* I kept going and didn't give up was because I had serious fitness goals. I was tired of being overweight; my "why" made my commitment worth the effort.

Dig your heels in.

Our circumstances are in a constant state of flux and things will inevitably change in our lives to alter the way we see the state of our health and fitness. The most common circumstance I've seen to change our client's mindset about fitness is a bad medical report. Things will happen in your life to change how serious you are about your health and fitness, it's an inevitability. Negative people give up and allow their situations to control their life. Positive people dig their heels in and decide to do something to improve their situation. I am asking you to do what I did and be one of those people who dig their heels in, not one of those people who gives in to negativity and quits.

No matter what happens in your life you always have the power to make positive decisions no matter how negative your circumstances may seem. Find out what your "why" is and use that to change your circumstances in a positive way. Nobody just wakes up one day and decides to make a commitment to change their life on a whim. If your "why" is serious enough, staying committed to reaching your fitness goals will be a lot easier. We all need a reason why, and once you find that "why" everything else will fall into place and your best days will definitely be ahead of you.